



Senior Lunch Sites – September 2011

Monday	Tuesday	Wednesday	Thursday	Friday
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Suggested Donation - \$2.50 Meal Cost for Under Age 60 - \$3.50			Baked Ham w/Apples and Yams Peas and Pearl Onions Wheat Roll Sliced Pears	Philly Cheese Steak w/Beef, Bell Peppers, Cheese on Hoagie Roll Three Way Salad w/Honey Sesame Dressing Potato Wedges Fresh Fruit
5	6	7	8	9
CLOSED Labor Day	"Sunday" Brunch Cheese Omelet w/Salsa Potatoes O'Brien Fruited Muffin Ambrosia Grape Juice	Tortilla Soup w/Strips Chicken Fajitas w/Fajitas Vegetables Pinto Beans Flour Tortilla Fresh Fruit	Hawaiian Pork Steamed Rice Edamame Blend Veg Hawaiian Roll Tropical fruit Mix	Macaroni and Cheese California Blend Veg Garden Salad w/Ranch Wheat Roll Apple Crisp
12	13	14	15	16
Baked Ziti Tossed Green Salad w/Italian Dressing Breadstick Chunky Fruit Salad Orange Juice	Chicken Cacciatore Penne Pasta Green Beans Wheat Roll Mandarin Oranges	Farmer's Soup w/Crackers Tuna Salad Sandwich On Wheat Bread Mixed Green Salad w/Raspberry Vinaigrette Fresh Fruit	Hamburger On Wheat Bun w/Lettuce, Tomato & Onions Macaroni Salad Cucumber Salad Fruited Jello	Fish Vera Cruz Pinto Beans Mexicorn Salad Flour Tortilla Fresh Fruit
19	20	21	22	23
Minestrone Soup w/Crackers Spaghetti w/Meatballs Steamed Zucchini Sourdough Roll Chocolate Cake Apple Juice	Chinese Corn Soup w/Crackers Teriyaki Chicken Steamed Rice Oriental Blend Vegetables Fresh Fruit	Chile Relleno Casserole Garden Salad w/Ranch Pinto Beans Flour Tortilla Custard	Birthday Party Hearty Vegetable Soup w/Crackers Egg Salad Sandwich On Wheat Bread Spinach Salad w/Raspberry Vinaigrette Cake	Western Day BBQ Beef Corn Coleslaw On Hoagie Roll Watermelon
26	27	28	29	30
Cheese Enchiladas Spanish Rice Pinto Beans Green Salad w/Ranch Dressing Fresh Fruit	Lentil Soup w/Crackers Roast Pork w/Apricot Glaze Capri Blend Vegetables Scalloped Potatoes Wheat Roll Assorted Pie Orange Juice	Tomato Soup w/Crackers Turkey Sandwich w/Lettuce & Tomato on Wheat Bread Carrot Raisin Salad Baked Chips Lemon Tart	Beef Pot Roast w/Gravy Mashed Potatoes Green Beans Wheat Roll Fresh Fruit Apple Juice	Breaded Fish w/Tartar Sauce Orzo Steamed Baby Carrots Wheat Roll Ice Cream & Fig Bar

All Meals comply with the Dietary Guidelines for Americans (DGA) 2005 & the Dietary Reference Intakes (DRI) for older adults as determined by the California Dept. of Health and Human Services Agency & the U.S. Department of Agriculture. Community SeniorServ's Lunch Program may change the menu for reasons of quality control, price or vendor problems. This project is funded in part through funds from the Federal Older Americans Act as allocated by the Orange County Board of Supervisors.*Sugar free gelatins and water packed fruits are used throughout the menu to accommodate diabetics. 1% milk served daily. Has 1,000 mg or more of sodium. Low Cholesterol, 0% transfat buttery spread served with bread and rolls